



2021 Tobacco Cessation Program

Avoid your tobacco surcharge.

Complete program by **May 31, 2021.**

If you attested to being a tobacco user during open enrollment and pledged to complete a cessation program to avoid a \$50 monthly tobacco surcharge, you must complete one program by **May 31, 2021**. You can choose between two programs that will help you get one step closer to a healthier lifestyle.

Failure to complete the tobacco cessation program requirements by 5/31/21 will result in assessment of a \$50 monthly tobacco surcharge.

IMPORTANT!

In order for program completion to be reported, you will need to accept the Wellness Program Agreement at kp.org/engage between January 1 and May 31. If you do not accept your agreement and complete one of the programs, a \$50 monthly surcharge will be assessed.

CHOOSE WHAT WORKS BEST FOR YOU

Complete one of these Tobacco Cessation Programs

Healthy Lifestyle Program

Complete an online program that supports you as you explore why it's hard to quit smoking, and offers tips and advice to help you give up the habit. Log on to kp.org/healthylifestyles to complete the program today.

Wellness Coaching

Wellness Coaching by Phone is offered in English and Spanish. To get started, call **1-866-862-4295**, Monday through Friday, from 9 a.m. to 10 p.m. ET.



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